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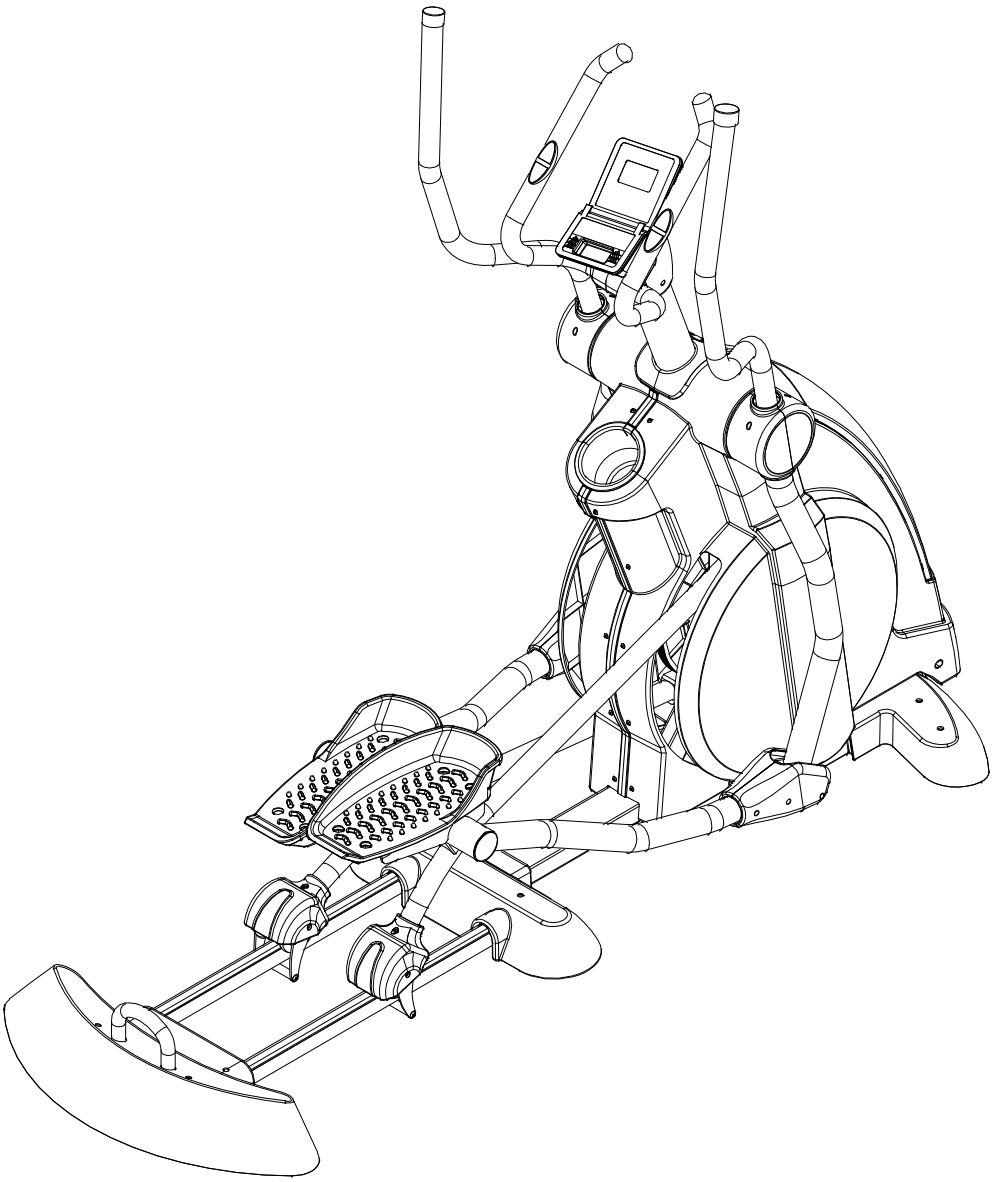
SMOOTH CE-3.0 ELLIPTICAL TRAINER

SMOOTH FITNESS



USER WEIGHT LIMITATION: **350lbs(160kgs).**

SERIAL NUMBER (found on frame):

REV 12/27/11

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PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Smooth Fitness Elliptical Trainer.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 888-800-1167.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 350lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

PACKAGING

Environmentally friendly, recyclable materials：

— Outer packaging of the cardboard
— Form parts of foamed, CPC-free polystyrene(PS)
— Foils and bag of polyethylene (PE)
— Tension bands of polypropylene (PP)

DISPOSAL Please undertake environmentally friendly disposal.

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COMPLETE PARTS LIST

Part Number	Name&specification	Qty
CE-30i-1	computer	1
CE-30i-2	computer screw	4
CE-30i-3	handlebar end cap	2
CE-30i-4	handlebar tube	1
CE-30i-5	Fixed handlebar foam	2
CE-30i-6	handle pulse	2
CE-30i-7	handle pulse line	2
CE-30i-8	curved washer OD20*ID8.5*1.5T	2
CE-30i-9	Inner hexagon M8*20 Screw	30
CE-30i-10	console support tube	1
CE-30i-11	fixed handlebar cover-R	1
CE-30i-12	fixed handlebar cover-L	1
CE-30i-13	screw M4*20	17
CE-30i-14	Flat washer OD20*ID8.5*1.5T	22
CE-30i-15	Spring washer M8*2.0T	28
CE-30i-16	computer wire upper section	1
CE-30i-17	computer wire lower section	1
CE-30i-18	action handlebar cover –rear	2
CE-30i-19	R12 bearing	12
CE-30i-20	action handlebar tube-L	1
CE-30i-21	screw M5*16	34
CE-30i-22	front stabilizer cover	2
CE-30i-23	Flat head M6*16 screw	10
CE-30i-24	Spring washer M6*1.5T	10
CE-30i-25	Flat washer OD16*ID6.5*1.5T	**10**
CE-30i-26	transport wheel axle	1
CE-30i-27	Transport wheel	1
CE-30i-28	action handlebar tube –R	1
CE-30i-29	action handlebar end cap	2
CE-30i-30	action handlebar foam	2
CE-30i-31	action handlebar cover –front	2
CE-30i-32	Flat washer OD22*ID8.5*2.0T	2
CE-30i-33	computer post cover end hook	1
CE-30i-34	computer post cover	1
CE-30i-35	water bottle holder	1

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COMPLETE PARTS LIST

Part Number	Name&specification	Qty
CE-30i-36	main frame cover fixing plate	10
CE-30i-37	screw M4*20	3
CE-30i-38	cover –Right	1
CE-30i-39	main frame cover front cover	1
CE-30i-40	motor	1
CE-30i-41	motor cable	1
CE-30i-42	M10*1.5*10T nut	13
CE-30i-43	C style button (ϕ12)	2
CE-30i-44	Flat washer OD20*ID10.5*2.0T	14
CE-30i-45	flywheel axes	1
CE-30i-46	6001 bearing	2
CE-30i-47	flywheel	1
CE-30i-48	Magnetic assembly	1
CE-30i-49	screw M5*30	1
CE-30i-50	M5 nut	2
CE-30i-51	magnet spring	1
CE-30i-52	connecting bar axle	2
CE-30i-53	C style button (ϕ17)	4
CE-30i-54	M10 (Subtense 17) nut	2
CE-30i-55	2203-R5ZZbearing	2
CE-30i-56	connecting bar tube	1
CE-30i-57	connecting bar cover-R	2
CE-30i-58	connecting bar cover -L	2
CE-30i-59	Right and left rear stabilizer end cap	6
CE-30i-60	main frame	1
CE-30i-61	M6*1.0*6T nut	8
CE-30i-62	Crank Pulley	1
CE-30i-63	powder bushing	1
CE-30i-64	C style button (ϕ19)	2
CE-30i-65	crank axle set	1
CE-30i-66	screw M6*18	4
CE-30i-67	belt	1
CE-30i-68	crank arm -left	1
CE-30i-69	pedal axes gap bushing	2
CE-30i-70	screw 5/16-18*25	2

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COMPLETE PARTS LIST

Part Number	Name&specification	Qty
CE-30i-71	pedal axle sleeve	2
CE-30i-72	power cable	1
CE-30i-73	sensor wire	**1**
CE-30i-74	roller track support cover –middle	1
CE-30i-75	aluminum roller track	2
CE-30i-76	roller track cover –rear	1
CE-30i-77	roller track support tube	1
CE-30i-78	screw M10*68	2
CE-30i-79	Spring washer M10*2.0T	2
CE-30i-80	Arc washer OD20*ID10.5*2.0T	2
CE-30i-81	crank arm -right	1
CE-30i-82	screw M10*25	8
CE-30i-83	pedal –right	1
CE-30i-84	Transport handle foam	1
CE-30i-85	Transport handle	1
CE-30i-86	M8*1.25*8T nut	1
CE-30i-87	J screw	1
CE-30i-88	pedal arm tube –right	1
CE-30i-89	M10*1.5*6.35T（subtense 17） nut	2
CE-30i-90	pedal fixing plate	2
CE-30i-91	pedal axle bushing	2
CE-30i-92	main frame cover –left	1
CE-30i-93	tension wheel bushing	1
CE-30i-94	tension wheel gap bushing	1
CE-30i-95	Flat washer OD25*ID19.5*1.5T	1
CE-30i-96	tension wheel bracket	1
CE-30i-97	washer flat	1
CE-30i-99	pedal arm tube-L	1
CE-30i-100	pedal –L	1
CE-30i-101	Round head M5*10 screw	10
CE-30i-102	roller cover	2
CE-30i-103	roller	2
CE-30i-105	roller shaft bushing	2
CE-30i-106	connecting bar –L	1
CE-30i-107	protect line	2
CE-30i-108	adaptor	1

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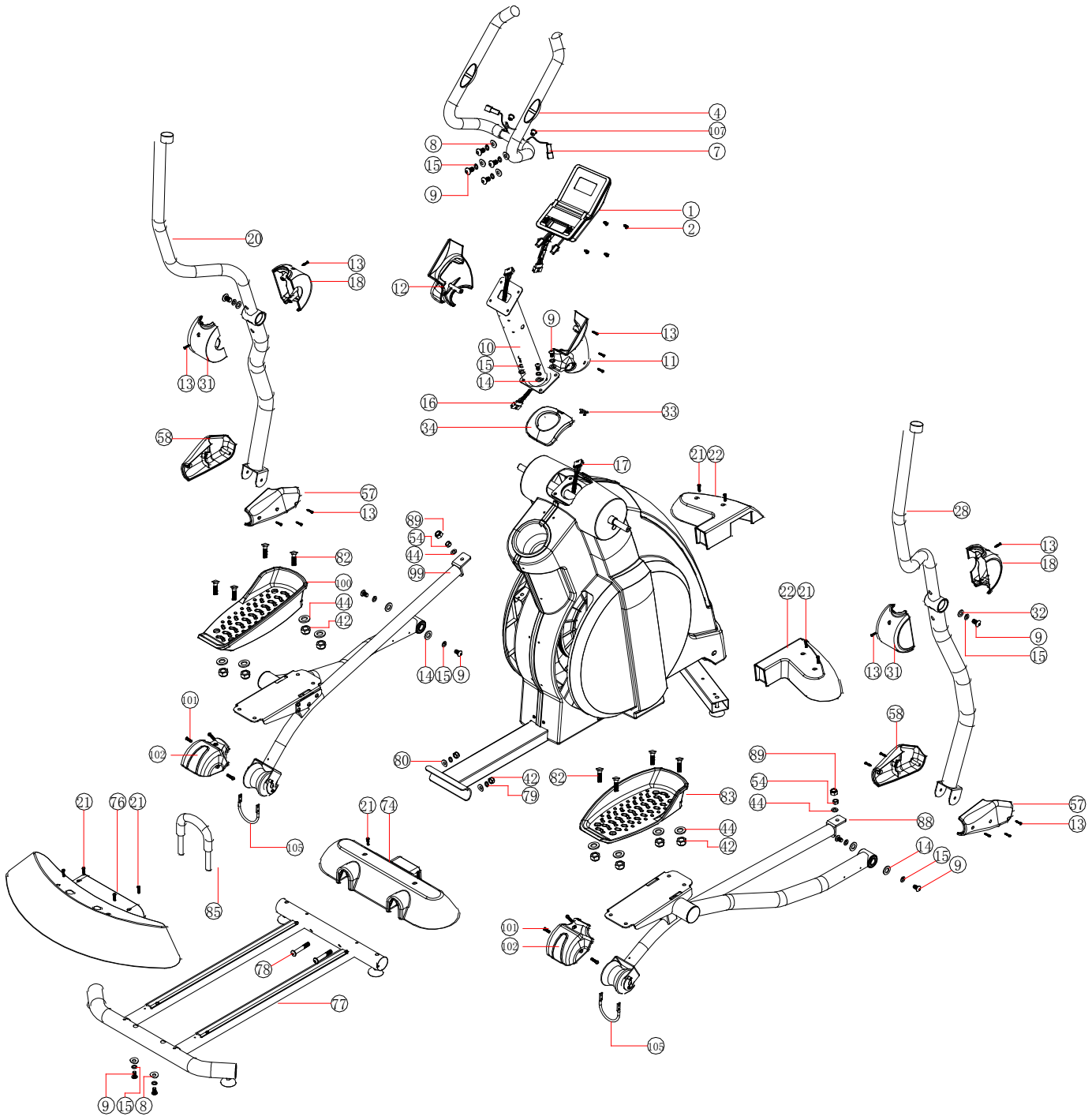
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



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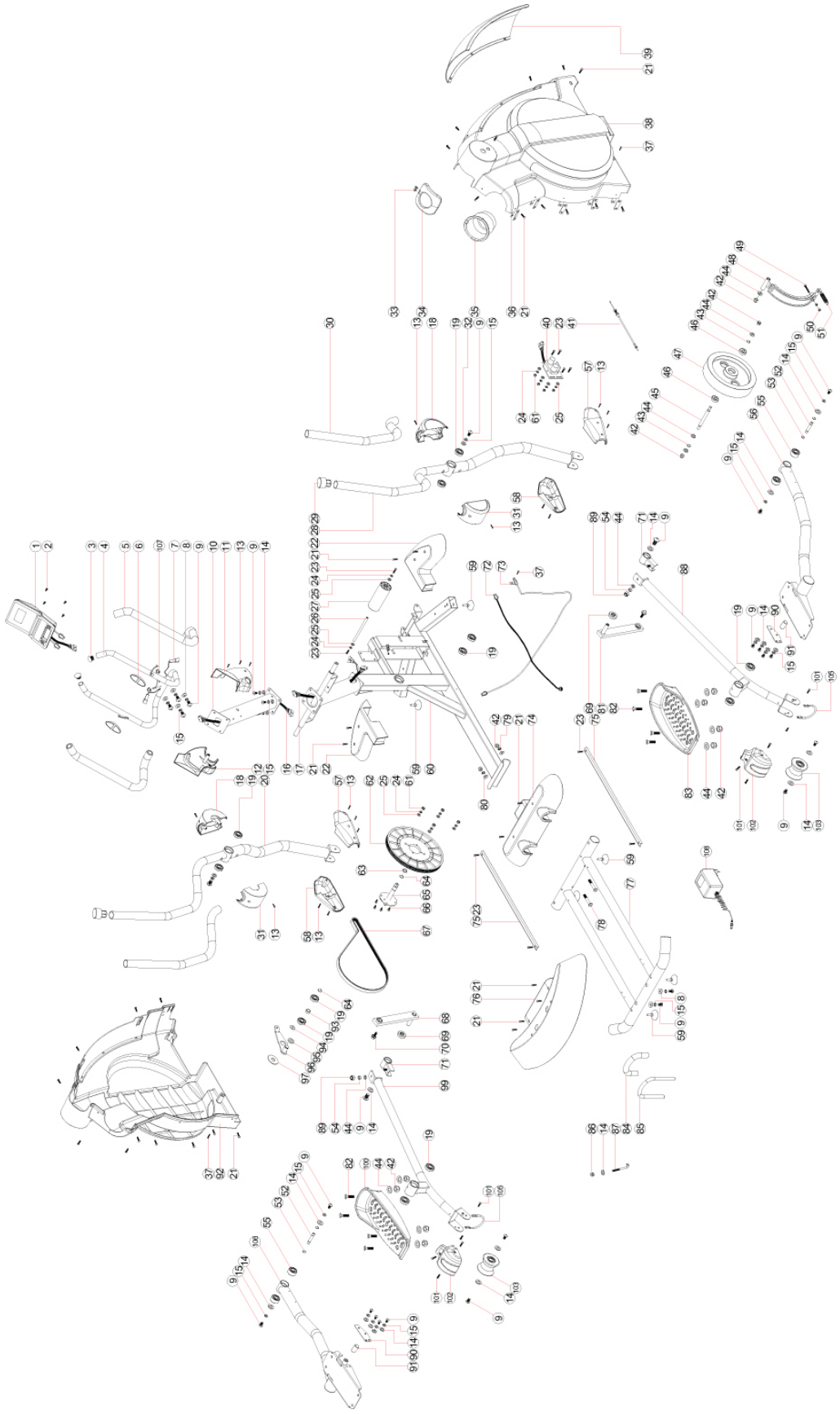
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



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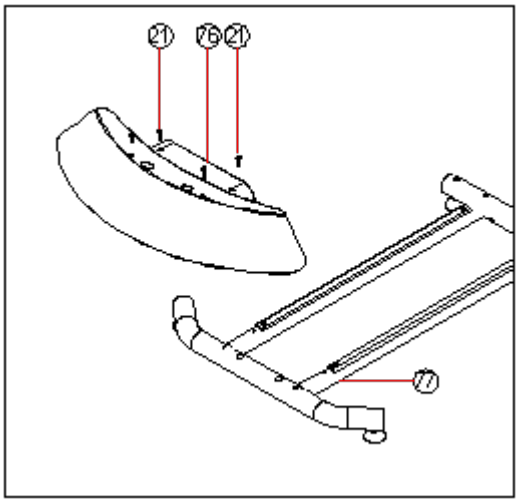
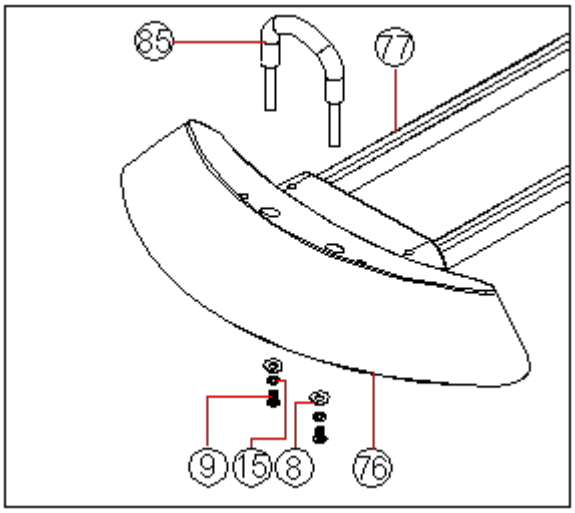
ASSEMBLY

STEP 1: **Attach the Rear Roller Track Support Tube Cover and Transport Handle**
(A) Attach the rear stabilizer cover to the roller track support tube (77) and secure with 4x M5*16(21) screws.
(B) Insert the transport handle through the top of rear stabilizer cover, then secure it with 2x M8*20(9) screws, 2 x M8*2.0T(15) spring washers and 2 x OD20*ID8.5*1.5T (8) curved washers.
(C) Tighten all bolts and screws now.





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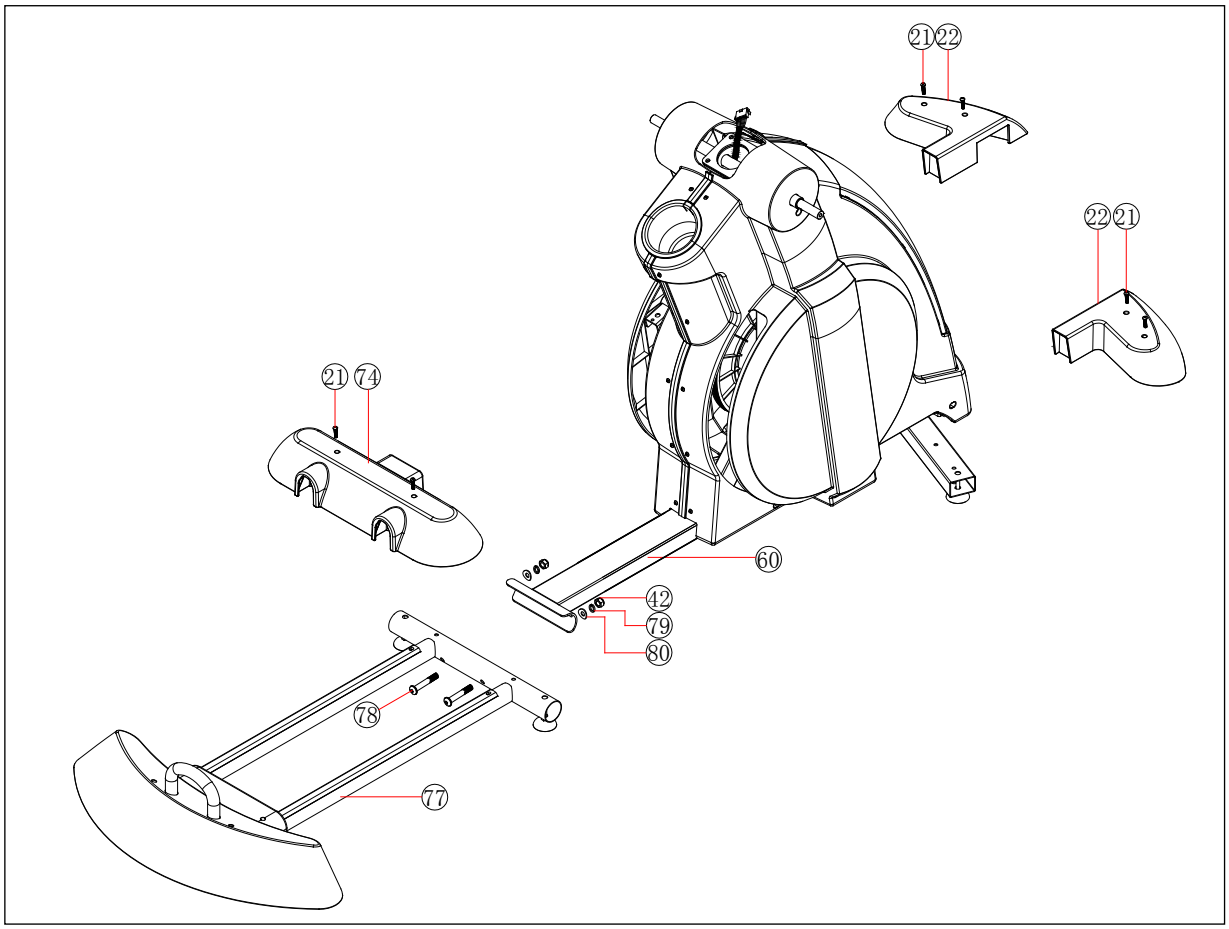
ASSEMBLY

STEP 1: **Attach the Roller Track Support Tube to the Main Frame**
(A) Attach the roller track support tube (77) to the main frame (60) and secure with 2 x M10*68(78) bolts, insert the bolts through the frame then attach 2x OD20*ID10.5*2.0T curved washers (80), 2 x M10*2.0T spring washers (79), and 2 x M10*1.5*10T nut (42). Tighten the bolts now.
(B) Place the middle roller track support tube cover –middle (74) over the roller track support tube (77) and secure it with 2 x M5*16(21) screws.
(C) Place the left front stabilizer bar cover (21) over the front stabilizer and secure it with 2 x M5*16(21) screws.
(D) Repeat the above process for the right front stabilizer bar cover(22)
(E) Tighten all bolts and screws now



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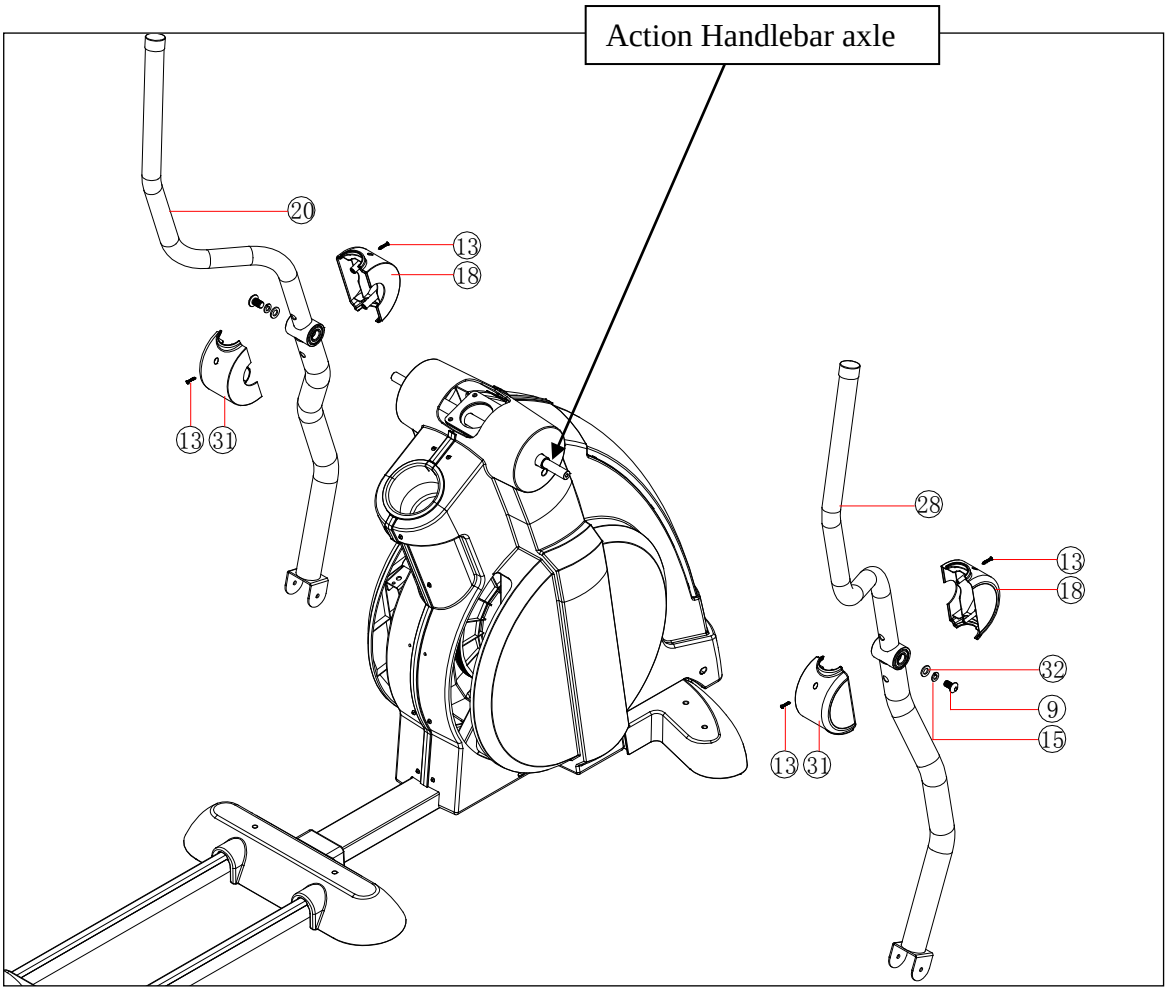
ASSEMBLY

STEP 2: **Attach the Action Handlebars and Covers**

(A) Slide the right handlebar on to the action handlebar axle. Secure the action handlebar to the axle with 1 x M8*2.0T bolt (9), 1 x M8*2.0T spring washer (15) and 1 x OD22*ID8.5*2.0T flat washer (32). Tighten all bolts now
(B) Place the front and rear action handle bar covers around the pivot joint and secure with 1 x M8*20(13) screw
(C) Repeat the above process for the left side



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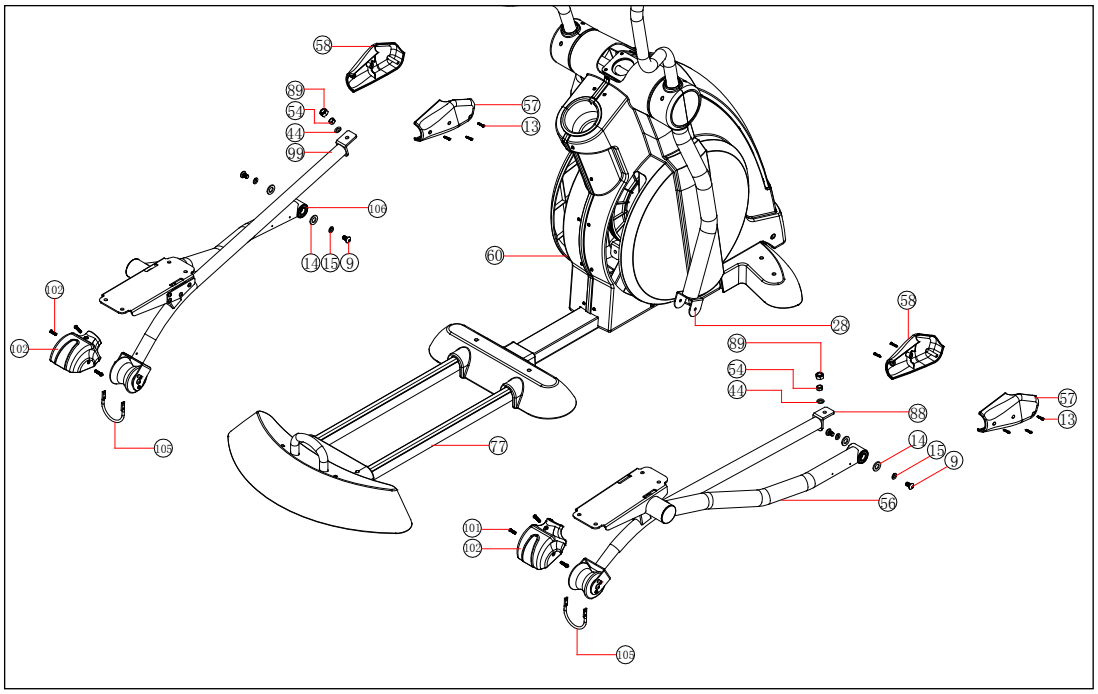
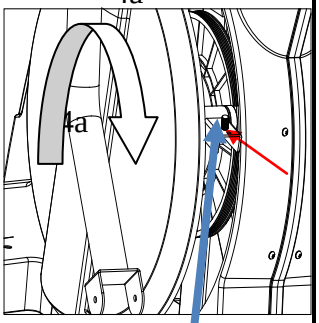
ASSEMBLY

STEP 3: **Attach the Left and Right Pedal Arms, Connecting Tubes and Covers**
(A) Rotate the crank arm of the elliptical so the pedal arm (88) can be attached to the crank arm. (see diagram 4a and 4b)
(B) Secure the right pedal arm to the crank arm with 1 x OD20*ID10.5*2.0T flat washer (44) and M10*1.5*6.35T Nut (89) Tighten all bolts now.
(C) Attach the connecting tube (56) to the right action handlebar (28) (see diagram 4c).Secure the arm with 2 x M8*20 bolt (9), 2 x M8*2.0T spring washer (15) and 2 x OD20*ID8.5*1.5T flat washer (14) (see diagram 4c)
(D) Put the left and right connecting tube covers (58 & 57) over the connecting tube / action handlebar joint (see diagram 4d) Secure the covers together with 5 x M4*20 screws (13)
(E) Position the pedal arm roller on to the aluminum roller track (see diagram 4e). remove the M8*20 bolt (9), OD20*ID8.5*1.5T flat washer (14) and M5*10 screw (101), Install the retaining loop from under the roller track support tube (77) and line line up the holes on the retaining loop and the roller bolt holes (previously removed). Then reinsert the M8*20 bolt (9), OD20*ID8.5*1.5T flat washer (14) and M5*10 screw (101), to secure both the retaining loop and the roller. Fully tighten all bolts now.
(F) Repeat the above processes for the left side.

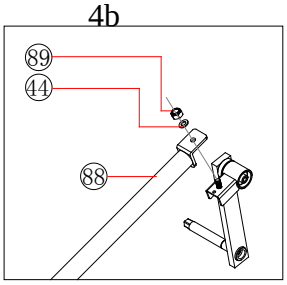


4a

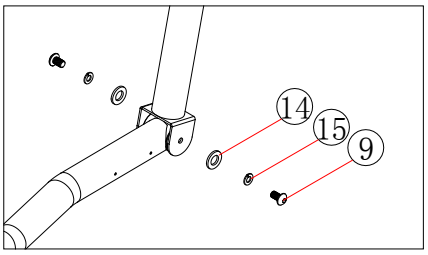


Crank arm bracket

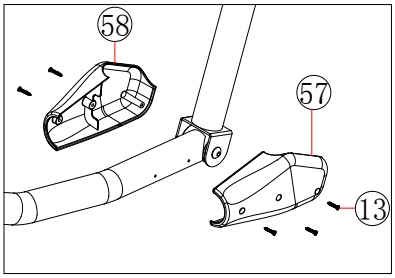
4b



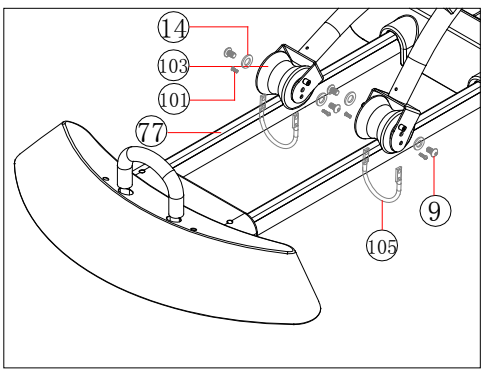
4c



4d



4e



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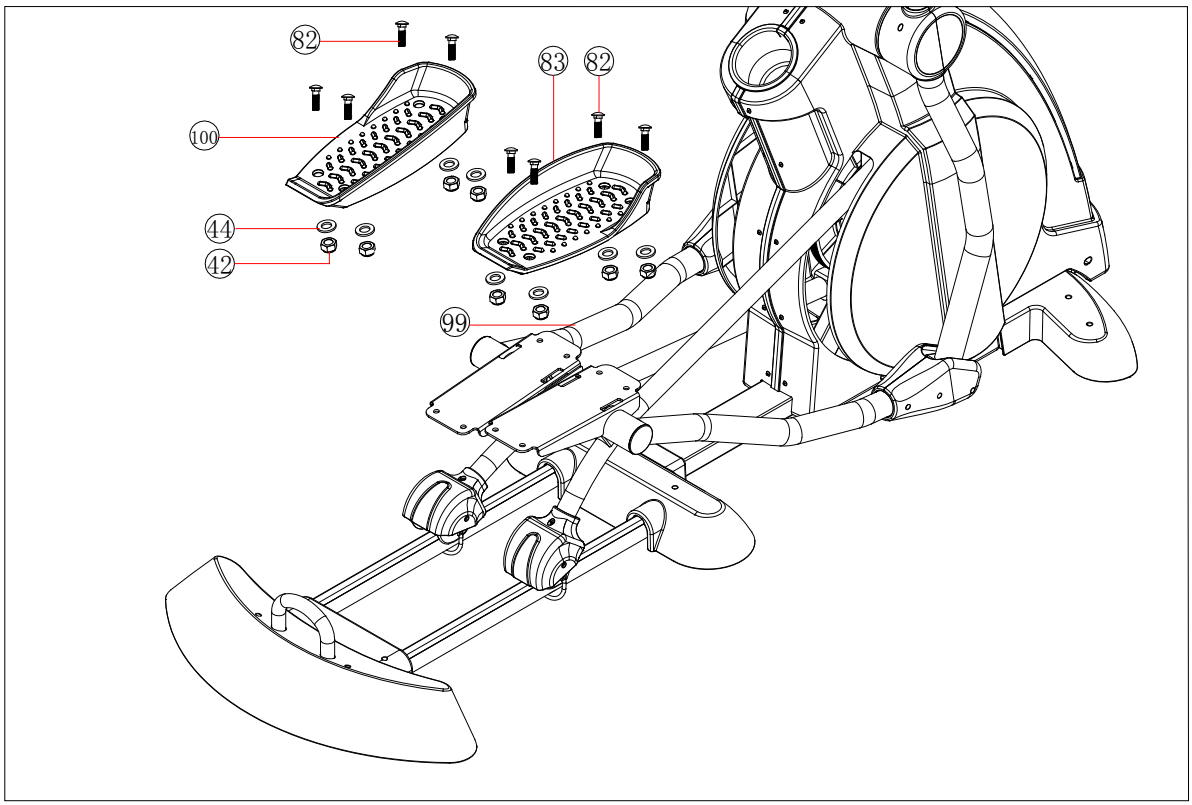
ASSEMBLY

STEP 4: **Attach the Left and Right Pedals**

(A) Place the right pedal on the pedal plate (located on the pedal arm). Insert the 4 x M10*25(82) bolts trough the pre drilled holes in the pedal and the pedal plate. Then secure the bolts with 4 x OD20*ID10.5*2.0T Flat washers (44) and 4 x M10*1.5*10T Nuts (42)
(B) Tighten all nuts and bolts now
(C) Repeat the above processes for the left side



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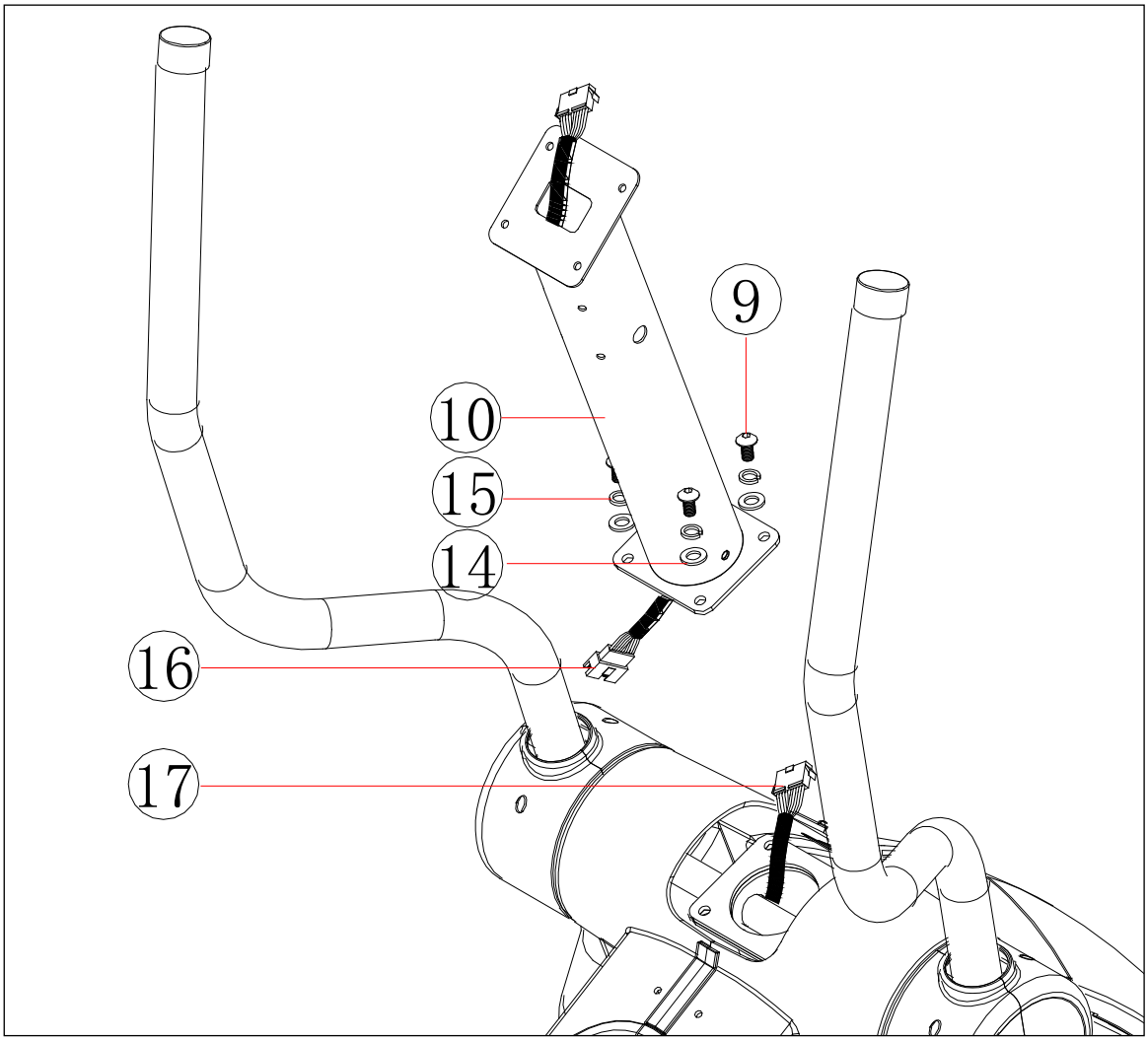
ASSEMBLY

STEP 5: **Attach the Console Support Tube**
Caution: Pinch point. Do not pinch the wires between the frame.

(A) Connect the Computer Wire – Upper (16) to the Computer Wire – Lower (17) (be certain that the connectors are properly connected)
(B) Push the extra computer wire in to the console support tube. Line up the 4 bolt holes on the console post with the 4 bolt holes on the main frame. (be certain the console support is facing the correct direction.)
(C) Secure the console support tube to the main frame with 4x M8*20 (9), M8*2.0T spring washers (15) and OD20*ID8.5*1.5T flat washers (14)
(D) tighten all bolts now



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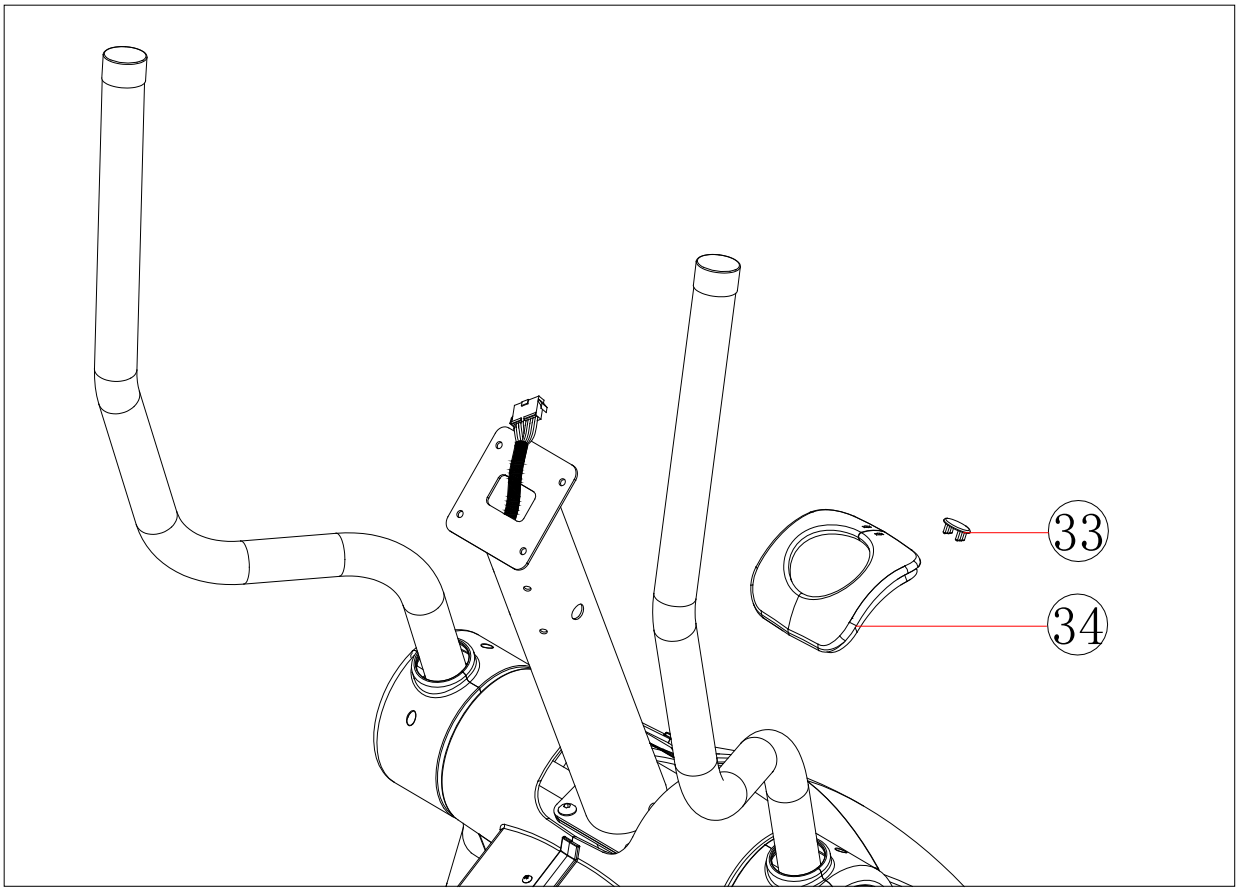
ASSEMBLY

STEP 6: **Attach the tube Cover**

(A) Separate the split end of the post cover (34) and put the cover around the console support tube
(B) Slide the cover down to the main cover.
(C) Push the split ends together and insert the retaining clip (33) into the slots on the tube cover.



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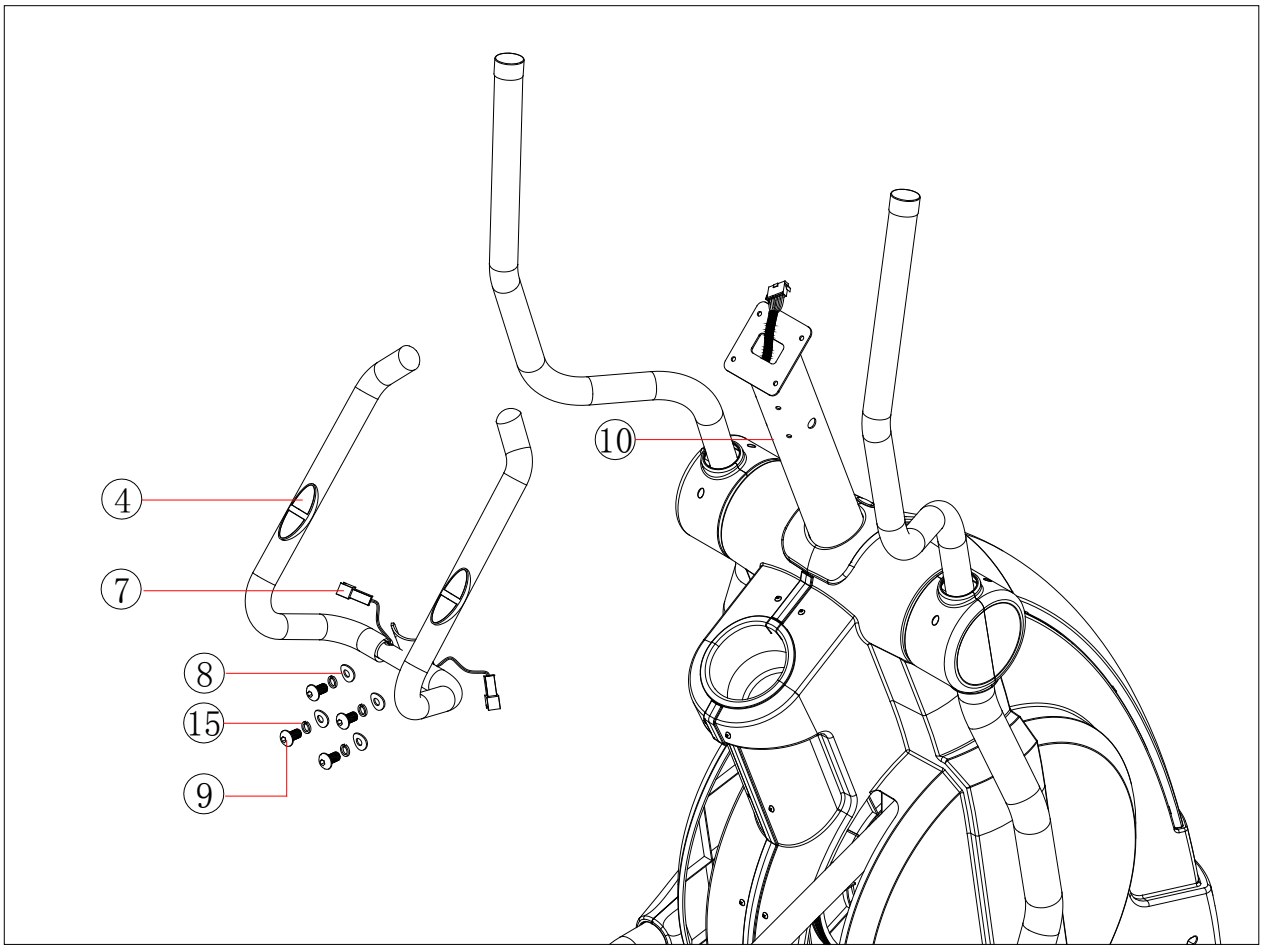
ASSEMBLY

STEP 7: **Assemble Console Back Cover**
Caution: Do not Pinch the wires between the frame

(A) Feed the Hand pulse wires (7) through the hole in the computer post (10) until they extend through the top of the computer post. Do not pull on the wire as they may disconnect from the hand pulse sensors.
(B) Line up the bolt holes on the handle bars (7) with the holes on the computer post (10)
(C) Secure the handle bar to the computer post with 4 x M8*20 bolts (9), 4 x M8*2.0T spring washers (15) and 4 x OD20*ID8.5*1.5T curved washers (8)
(D) Tighten all bolts now



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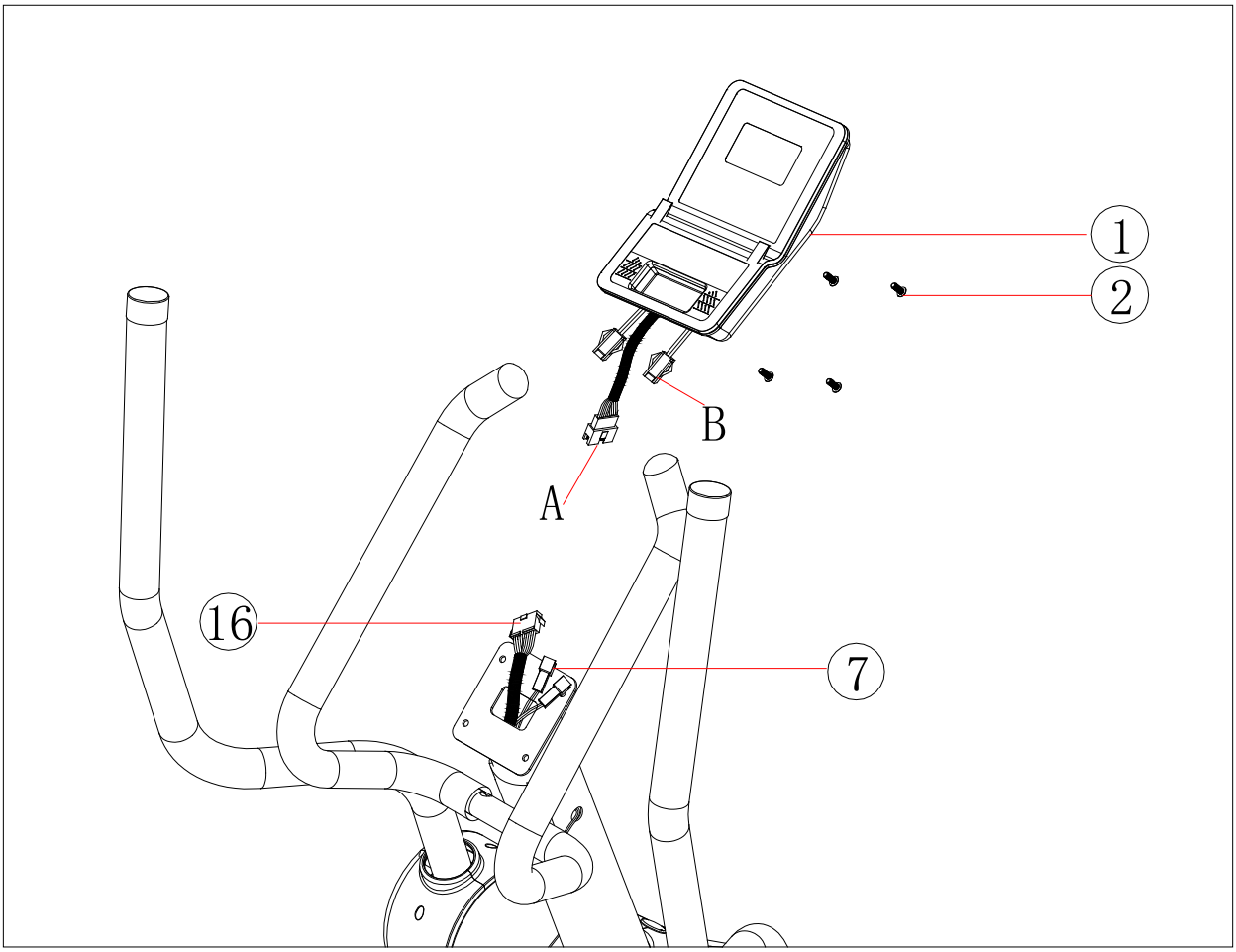
ASSEMBLY

STEP 9: Attach the Computer Monitor

(A) Connect the Computer wire Upper (16) to the computer monitor wire (A). Be certain the wires are facing the proper direction and that the connectors lock in place.
(B) Connect the two heart rate wires (7) with the two heart rate wire (B). Be certain the wires are facing the proper direction and that the connectors lock in place.
(C) Line up the four screw holes on the computer monitor(1) with the four holes on the computer post (10)
(D) Secure the computer monitor (1) to the computer post (10) with 4 x Computer screws (2)
(E) Tighten all bolts now



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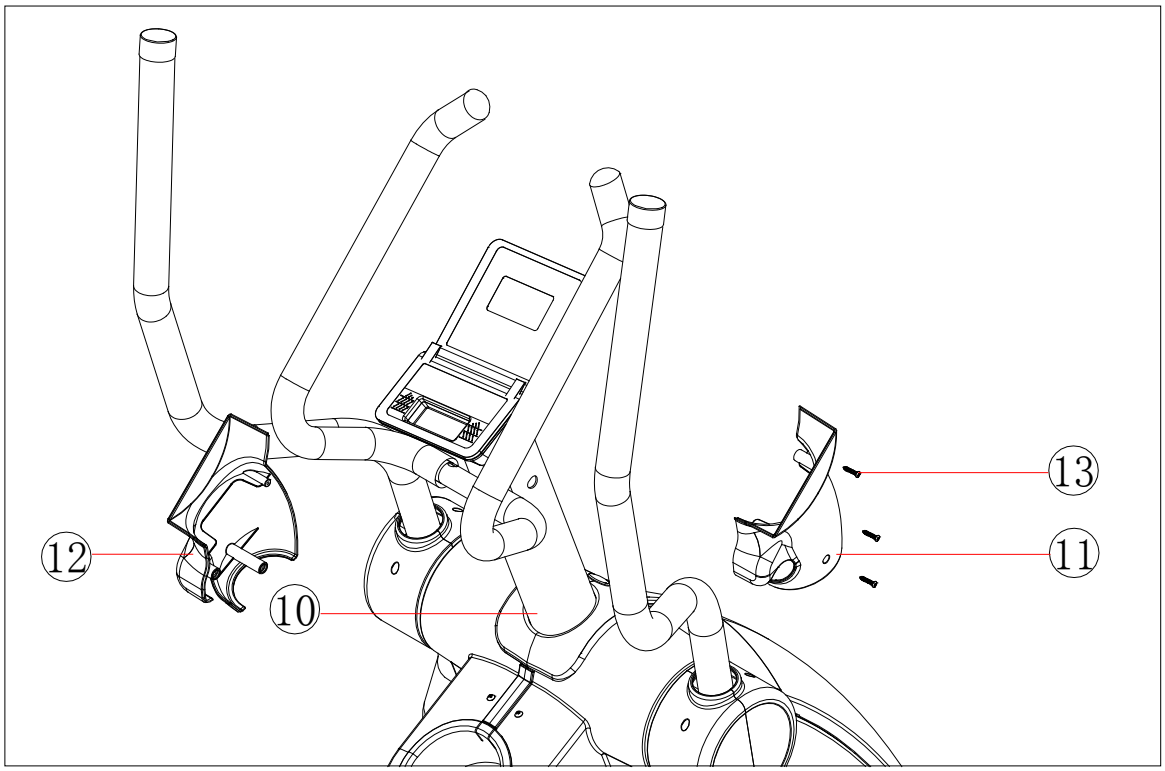
ASSEMBLY

STEP 7: **ATTACH THE COMPUTER POST COVERS**

(A) Place the left (12) and right (11) covers around the computer post (see picture below for proper direction)
(B) Secure the two covers together with 3 x M4*20 screws (13).

ASSEMBLY IS NOW COMPLETE. DOUB:E CHECK THAT ALL BOLTS AND FASTENERS HAVE BEEN PROPERLY TIGHTENED.



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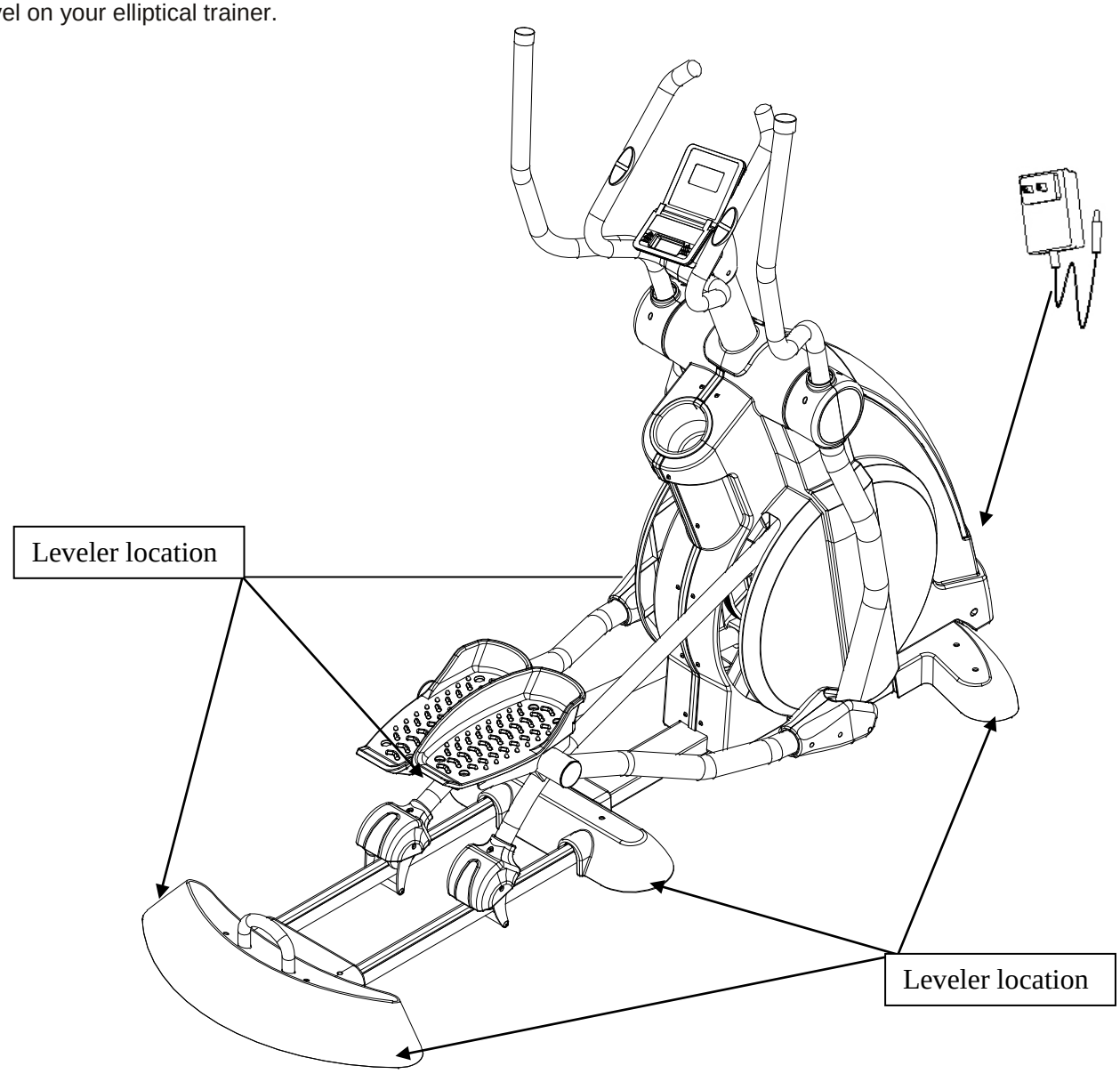
LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the levelers follow these instructions: There are 6 levelers (3 on each side)

You will need someone to help you with this procedure, as you will need to tip elliptical trainer while adjusting the levelers

Tilt the elliptical trainer to the left/right. You will then see the LEVEL ADJUSTERS. These will need to be screwed either in or out to level the elliptical trainer. Repeat for the other side. It may help to use a bubble level when adjusting the level on your elliptical trainer.



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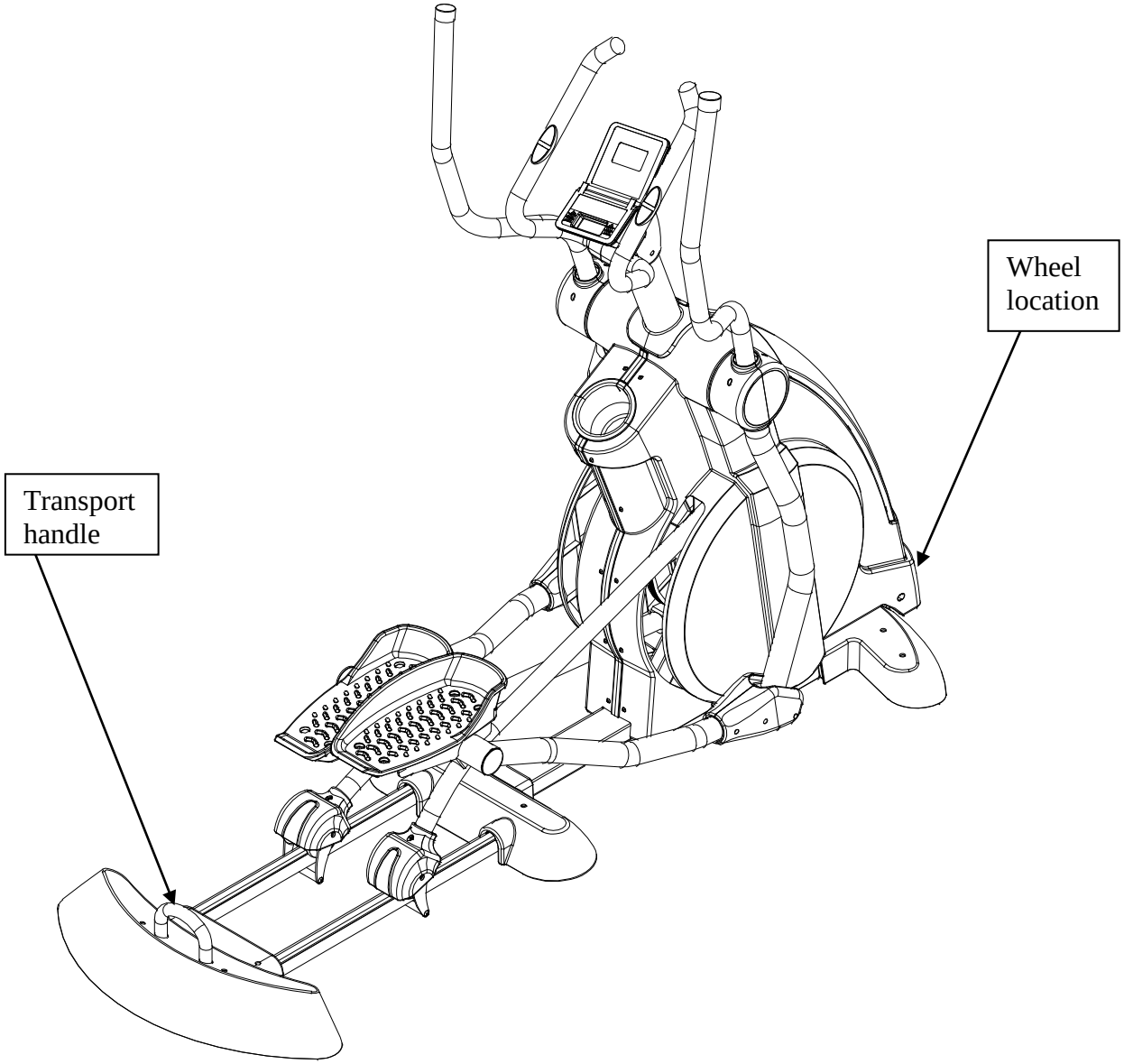
TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

To transport your elliptical trainer simply lift the back end and roll it away to the desired location.



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COMPUTER OPERATION

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COMPUTER OPERATION

DISPLAY FUNCTIONS

TIME	Count up - The time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from the preset to 00:00. Each preset increment is 1 minute between 01:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing the UP/DOWN button. Each increment is 0.1KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which is not intended for medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230 and computer will beep when actual heart rate is over the target value during workout.
HEART SYMBOL	When monitor receives the heart rate signal, the symbol will begin blinking.
WATTS	Display current workout watts. Display ranges 0~999.
Recovery	After exercising press the recovery button and hold the heart rate hand grips until the display reads F1, F2, F3, F4, F5, or F6. This function will test how rapidily your body recovers to a normal resting heart rate. F1 is the lowest rated result (worst) and F6 is the highest (best) Press the recovery button again to return to the main screen.
Temperature	The room temperature will be displayed when in sleep mode
Calendar	The date will be displayed when in sleep mode
Clock	The time will be displayed when in sleep mode
Sleep mode	When the machine is not used for 4 minutes the computer will enter sleep mode

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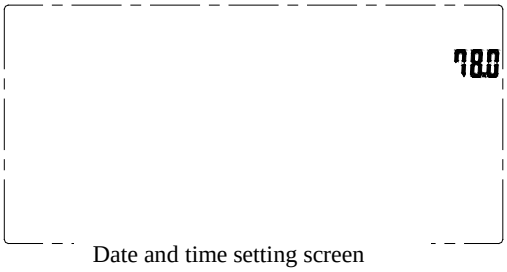
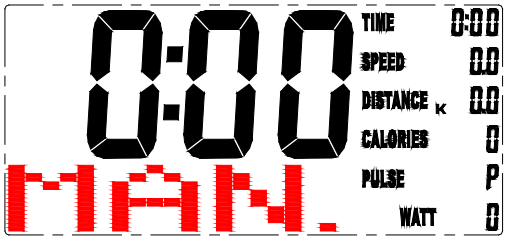
COMPUTER OPERATION

POWER ON

Connect adaptor to the Semi-Recumbent Bike to power on See page 11 for location. Do not use the unit for, 2 seconds after plugging in, until the unit has finished calibration. Once the unit has finished calibration the time and date can now be set. Press the mode button then use the up and down keys to adjust the date and time. Press the mode button to confirm each entered value.



Date and time setting screen



Home screen

【USER PROFILE】

Setting USER information (U1 – U4):

Note: Press total reset to return to the User Profile set up screen.

1. U1 will blink on the screen. You can choose USER profile 1 – 4 by pressing the UP or DOWN keys.
2. Press the MODE button to enter
3. The gender setting will blink on the screen. Press the UP or DOWN keys to adjust the gender.
4. Press the MODE button to enter
5. The age setting will blink on the screen. Press the UP or DOWN keys to adjust the age value.
6. Press the MODE button to enter
7. The height setting will blink on the screen. Press the UP or DOWN keys to adjust the height value
8. Press the MODE button to enter
9. The weight setting will blink on the screen. Press the UP or DOWN keys to adjust the weight value
10. Press the MODE button to enter

Press start to begin the workout in manual or choose from the preset programs

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COMPUTER OPERATION

Quick Start

Press the start button at any time to begin work out in manual mode with our entering any user information or workout parameters.

MANUAL PROGRAM

NOTE: the computer will default to the goal that end first and will end when that value reaches 0

1. After entering the USER information press UP or DOWN to choose the type of program.
2. Press MODE button to confirm.
3. After selecting MANUAL mode, press UP and DOWN buttons to increase and decrease the starting resistance level (from 1 to 16)
4. Press MODE button to confirm.
5. Adjust the time by pressing the UP or DOWN buttons
6. Press MODE button to confirm.
7. Adjust the distance by pressing the UP or DOWN buttons
8. Press MODE button to confirm.
9. Adjust the calories by pressing the UP or DOWN buttons
10. Press MODE button to confirm.
11. Press start to begin the workout
12. Level is adjustable during workout.

PRESET PROGRAM

1. After entering the USER information press UP or DOWN to choose the type of program.
2. Press mode to confirm the program type.
3. After entering the Preset Program, press UP and DOWN to select program profile from P1 - P12
4. Press MODE button to enter the program profile.
5. Press UP and DOWN to adjust profile level.
6. Press mode to confirm.
7. Press MODE button to confirm.
8. Adjust the time by pressing the UP or DOWN buttons
9. Press MODE button to confirm.
10. Adjust the distance by pressing the UP or DOWN buttons
11. Press MODE button to confirm.
12. Adjust the calories by pressing the UP or DOWN buttons
13. Press MODE button to confirm.
14. Press start to begin the workout
15. Level is adjustable during workout.
16. Press start to begin
17. Level is adjustable during workout.

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COMPUTER OPERATION

USER PROGRAM

1. After entering the USER information press UP or DOWN to choose the type of program.
2. Press mode to confirm the program type.
3. After choosing the user program press up or down to adjust the level of intensity of the first segment
4. Press MODE to confirm and move to the next segment
5. Press up or down to adjust the level of intensity of the next segment
6. Press MODE to confirm and move to the next segment
7. Continue this process until all segments have been adjusted
8. There are 20 segments to each program. To create a shorter program, adjust the desired amount of segments then press and hold the MODE button for 3 seconds. The program will be entered.
9. Press start to begin the workout

HEARTRATE CONTROL PROGRAM

1. After entering the USER information press UP or DOWN to choose the type of program.
2. Press mode to confirm the program type.
3. After choosing the HRC program press up or down to select between 55%, 75%, 90%, TARGET.
4. Press MODE to confirm
5. Adjust the time by pressing the UP or DOWN buttons
6. Press MODE button to confirm.
7. Adjust the distance by pressing the UP or DOWN buttons
8. Press MODE button to confirm.
9. Adjust the calories by pressing the UP or DOWN buttons
10. Press MODE button to confirm.
11. If target Heart rate is selected use the UP or DOWN buttons to adjust the target heart rate
12. Press the MODE button to confirm
13. Press start to begin the workout
14. Level is adjustable during workout.
15. Press start to begin

WATT PPROGRAM

1. After entering the USER information press UP or down to choose the type of program.
2. Press mode to confirm the program type.
3. After choosing the WATTS program, 120, the preset watts setting will blink on the screen
4. Press UP or DOWN to adjust the watts value. (wattage range 10-350)
5. Press MODE to confirm
6. Press START to begin

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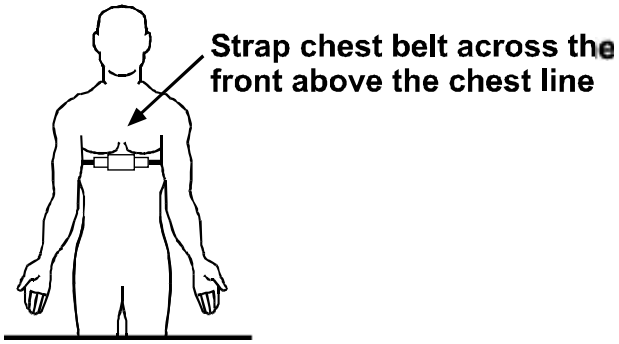
COMPUTER OPERATION

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



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IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

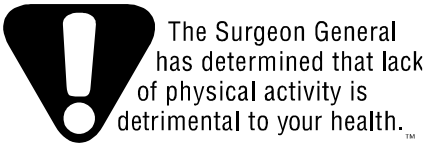
Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



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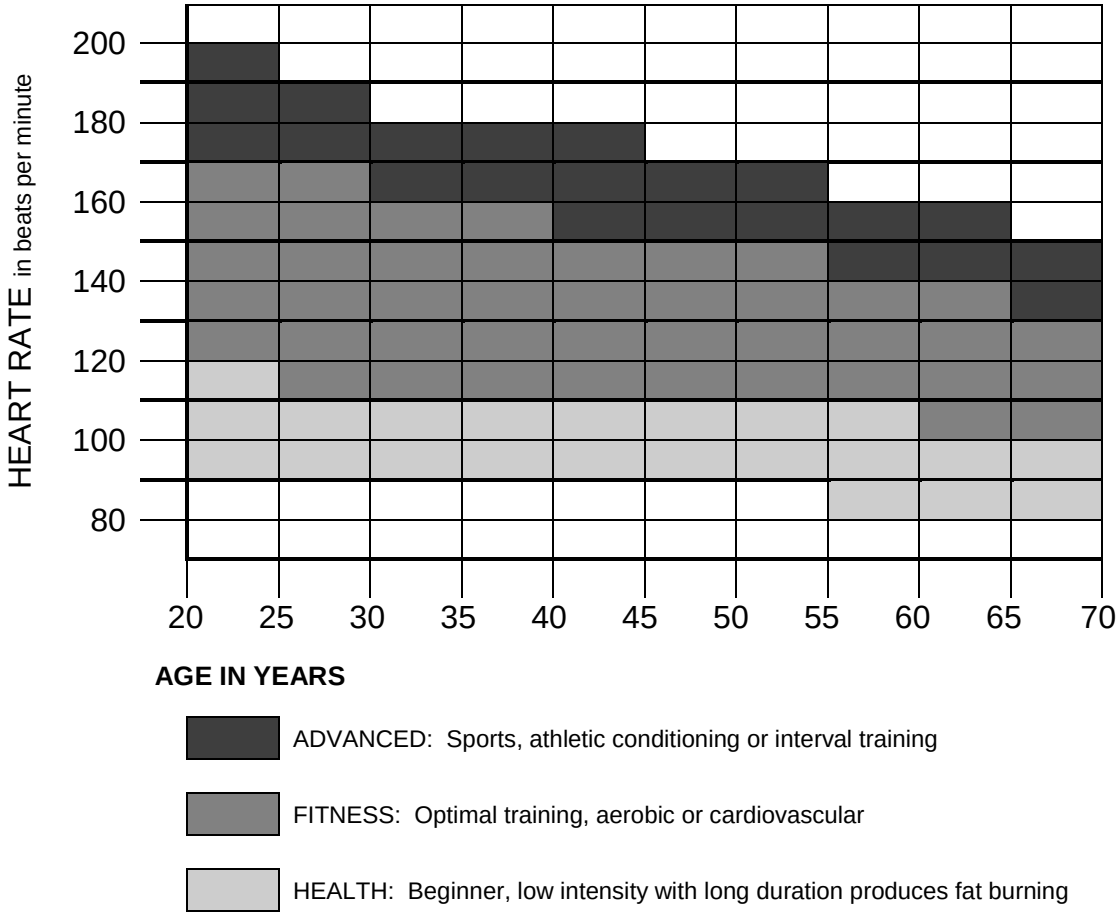
TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE



Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

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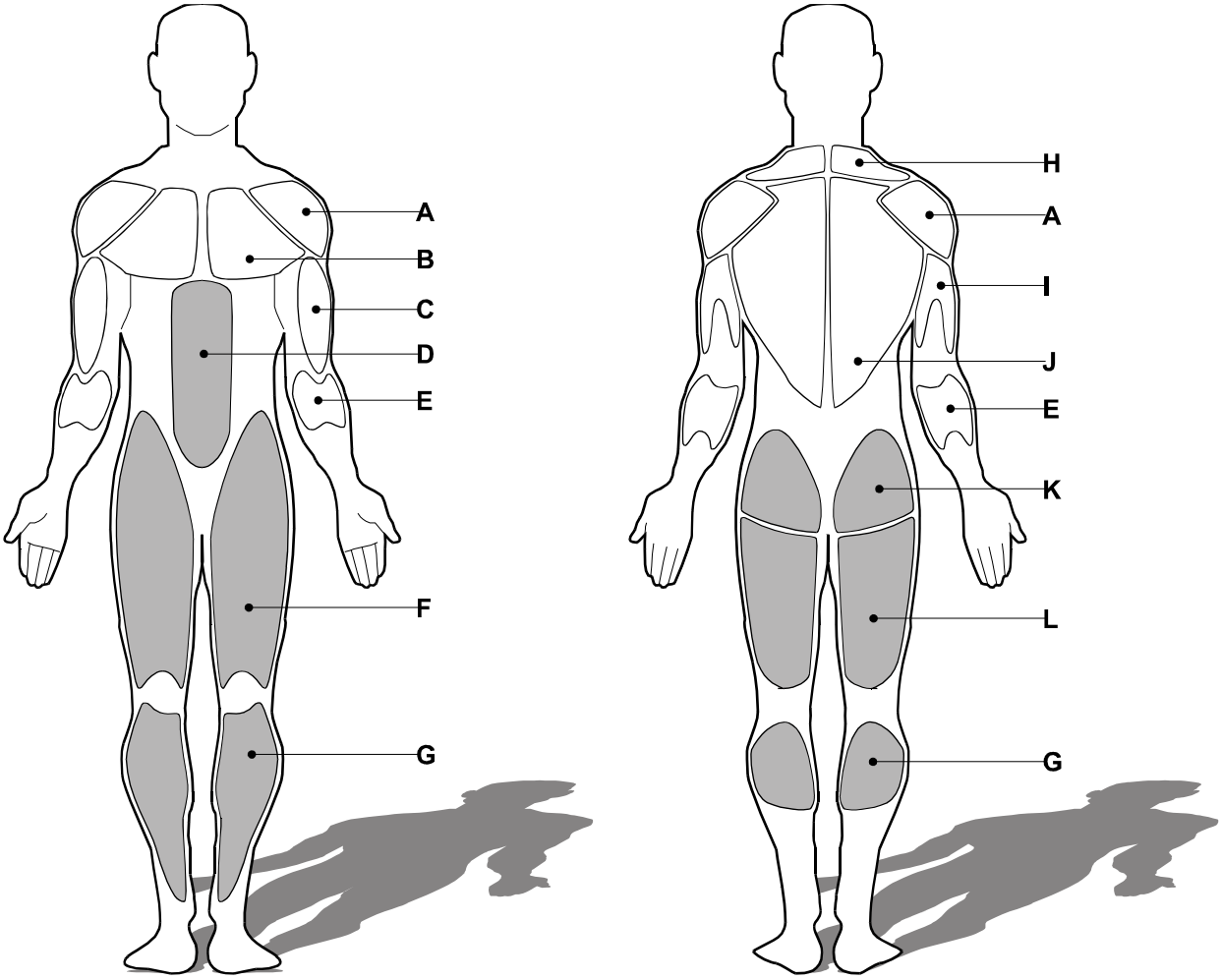
MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

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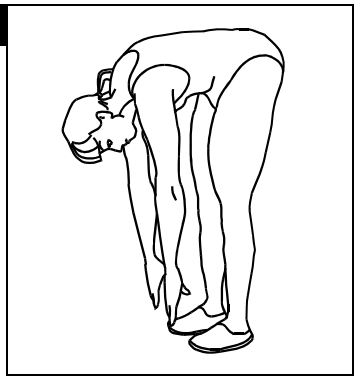
STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

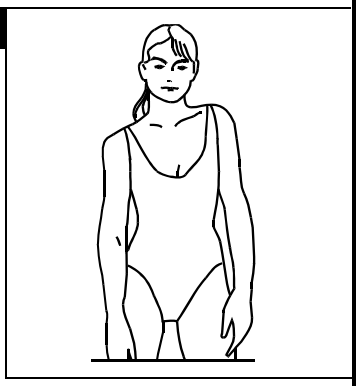
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



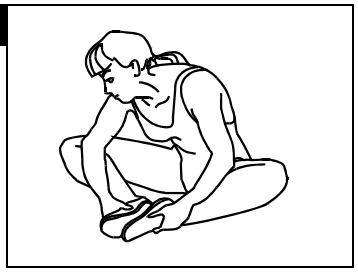
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



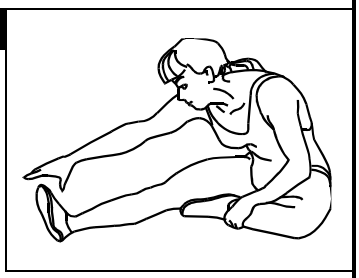
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



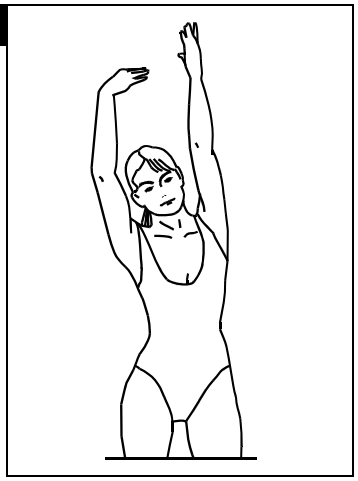
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



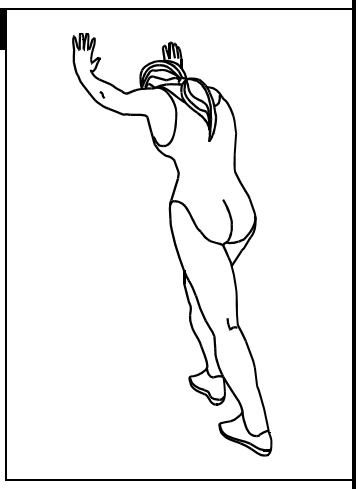
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



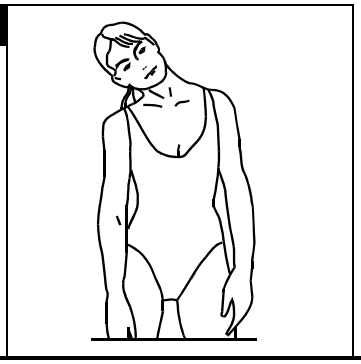
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



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IMPORTANT STEPS

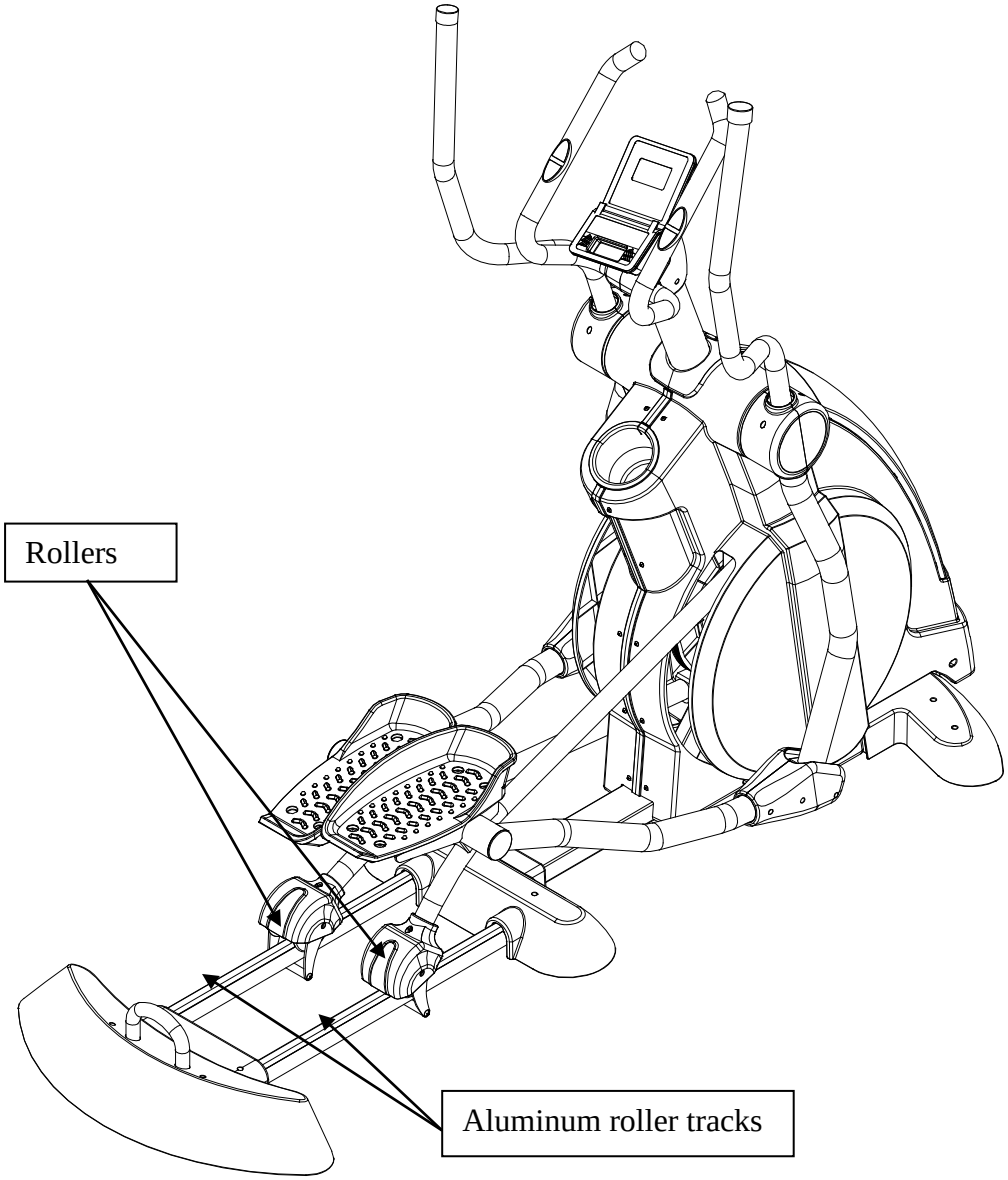
HOW TO MAINTAIN YOUR ELLIPTICAL:
Proper maintenance is very important to ensure your Elliptical is always in top working condition. Improper maintenance could cause damage or shorten the life of your Elliptical and exceed the LIMITED WARRANTY coverage.

●**Important**: **DO NOT** use abrasives or solvents to clean the Elliptical. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

●Inspect and tighten all parts of the Elliptical regularly. Replace any damaged or worn parts immediately.

LUBRICATION:
Clean rollers every week
Clean and lubricate the slider tubes every week using silicone lubricant.

Note: when lubricating the slider tubes, make sure the Elliptical is located on a surface that can be easily cleaned. After lubricating your Elliptical slider tubes, clean any excess silicone off of the frame.



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GENERAL CLEANING

CLEANING:

Routine cleaning of your Elliptical will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the Elliptical is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important**: **DO NOT** use abrasives or solvents to clean the Elliptical. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout**: Wipe off the console and other Elliptical surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly**: Use of an Elliptical mat is recommended for ease of cleaning. Dirt from your shoes contacts the pedals and eventually makes its way under the Elliptical. Vacuum underneath Elliptical once a month.

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TROUBLESHOOTING

Item	Breakdown	Troubleshooting
1	Computer will not power up	1. Plug the power adaptor in to the wall outlet 2. Plug the power adaptor jack in to the unit. 3. Test the wall outlet for power. 4. Test the power adaptor for the correct voltage output. 5. Check the power adaptor and adaptor wire for damage. 6. Check for damaged computer cables then reconnect the lower, upper and console cables found on page 5 and 10 of the assembly section.
2	No resistance level change	1.When the resistance level is changed does the motor run? Yes 2.Check for damaged computer cables then reconnect the lower, upper and console cables found on page 5 and 10 of the assembly section. 3. Retest resistance
3	NO Hand pulse figure display	1. Reposition hands on the pulse grip Do not hold one pulse grip with 2 hands. 2. Reconnect the pulse grip wire inside the pulse grip handle 3. Reactivate the computer
4	E-1	1. E-1 Indicates the computer was not able to calculate the body fat., Reposition hands on the pulse grip. Do not hold one pulse grip with 2 hands.
5	E-4	1. E-4 indicates the user's age, height, weight values have exceed of the maximum setting range when entering the user information. Reenter values that do not exceed the maximum values.
6	E-2	1. Check for damaged computer cables then reconnect the lower, upper and console cables found on page 5 and 10 of the assembly section. 2. Check the Motor and resistance cable for proper positioning.
7	No speed reading	1.Check the console together with the stage's 9or12PIN connect cable, to see if the console are bad contact or get loose with the stage's 9or12PIN connect cable. 2. Check the Motor distance have exceed of the setting range or not.
8	No display of SPEED figure	1. Check for damaged computer cables then reconnect the lower, upper and console cables found on page 5 and 10 of the assembly section. 2. Check the Speed SENSOR cable for damage and reconnect to the lower board. Check the speed sensor and speed sensor magnet for proper positioning.
9	Recovery function does not readout	1 Verify the console is in the STOP mode and is not in a program. 2. Verify the pulse readout is functioning.
10	Noisy during Movement	1.Check slider tubes for damage 2.Clean slider tubes with liquid silicone 3.Check pedal arm wheels for damage. 4.Clean pedal arm wheels with mild detergent and lubricate with liquid silicone
11	Noisy handlebars	1.Disassemble lower handle bars and check for damage. 2.Lubricate with white lithium grease and reassemble.

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LIMITED WARRANTY

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Elliptical Warranty

Warranty Coverage: Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Resistance Assembly	Parts & Electronics	Labor
CE3.0 USA only	Lifetime	Lifetime	3 years	2 year
CE3.0 Canada	Lifetime	Lifetime	3 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for Two (2) years*. Smooth Fitness reserves the right to either:
Hire and reimburse an independent service technician, who will come into the home for the repair,
OR
In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room and areas with excessive humidity).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO TWO (2) YEARS* FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

*Two year labor is valid only with the continental United States; Canadian labor warranties are valid for the period of 1 year from date of purchase.

FORM WS-1 (rev. 03/2008)

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